



Friday

February 21, 2014

Cascade Community Church

**35190 Delair Road
Abbotsford, BC**



Continental Breakfast, lunch and refreshments included.

\$100.00 for full-day workshop

Sponsor opportunities and Exhibitor booths available

Contact Fraser Valley Brain Injury Association at 604-557-1913

Or email info@fvbia.org for details.



AGENDA - FRIDAY FEBRUARY 21, 2014

- 8:00 Registration, Continental Breakfast
- 8:30 **Opening Statements & Welcome – John Simpson and John Martin, MLA**
- 8:45 **The Impact of Brain Injury and PTSD**
Rosemary Fromson, MPCP RPC, CCPCPR
- 10:00 Coffee break
- 10:30 Rosemary Fromson, MPCP RPC, CCPCPR cont'd
- Noon **Lunch**
- 1:00 **Caring for the Caregivers: The Impact of PTSD on Caregivers**
Dorothy Reid (M.A.)
- 1:30 **Eye movement desensitization and reprocessing (EMDR)**
Reverend David Price
- 2:30 Coffee Break
- 3:00 **Emotional Freedom Techniques for Traumatic Brain Injuries**
Doug Reid
- 4:30 Closing Remarks



SPEAKERS & PRESENTATIONS

Opening Statements - John Simpson

John Simpson was born and educated in Dublin, Ireland and became involved in rehabilitation in 1969 as an insurance adjuster. He was involved in the Rehabilitation Department of ICBC in 1979 and developed a keen interest in the area of brain injury. In 1981, he began providing case management services through his own company, Simpson Rehab Management. John was a founding board member of the BC Head Injury Association in 1982 and has served on the boards of the Canadian Paraplegic Association, Cheshire Homes Society. He founded the Fraser Valley (East) Brain Injury Association in 1997 and although he retired in 2001, continues to serve in a variety of volunteer and consultant roles within the organization.

For over thirty years, John Simpson has been a pioneer in the movement to improve services for people with acquired brain injuries. He has averaged more than 50 hours a month of volunteer time; advocating for families and survivors of brain injury, meeting with government officials, funders and service providers. He is a mentor for professionals and is recognized throughout Canada and the United States for his work in the brain injury field.

Welcome Address: John Martin, MLA

John Martin was elected MLA for Chilliwack on May 14, 2013. He is a member of the Cabinet Committee on Secure Tomorrow.

Prior to his election to the Legislative Assembly of British Columbia, John worked as a criminologist and faculty member in the School of Criminology at University of the Fraser Valley. He holds a Certificate of Technology in Broadcast Communications from British Columbia Institute of Technology





and two degrees in Criminology from Simon Fraser University.

He has also taught criminal justice at Douglas College, the Native Education Centre in Vancouver and Lethbridge College. John has written curricula and ran classes for RCMP members at the Pacific Regional Training Centre and new recruits at the Correctional Service of Canada’s Staff College.

He specializes in crime prevention, criminal justice reform, victims’ rights and public safety.

John is regularly invited to speak to groups on all matters related to crime and justice and is a frequent guest on talk radio and other media.

He has testified before the House of Commons Standing Committee on Justice and Human Rights, the Senate Standing Committee on Legal and Constitutional Affairs, and taught Canadian Studies at Takushoku University in Japan as a visiting scholar.

Raised in the Lower Mainland, he resides in Chilliwack with his wife, Margaret, and their two Shetland Sheepdogs: Blue and The Dude. A long-time martial artist and musician, he is a member of the Royal Canadian Legion in Chilliwack and a weekend warrior on the BBQ competition circuit.

The Impact of Brain Injury and PTSD

Presenter: Rosemary Fromson, MPCP RPC, CCPCPR



Rosemary Fromson is a Speaker, Clinical Supervisor and Master Practitioner of Counselling Psychology, registered with the Canadian Professional Counselling Association and the Canadian College of Professional Counsellors and Psychotherapists.

She has been practicing for 15 years. Her practice revolves around Addictions, Anxiety, Borderlines, Depression, Dreams, Family/Couples Grief and Loss, PTSD, Sexual abuse, and Victims



The Commonality of Brain Injury and PTSD cont'd

of Violence. She currently facilitates a free Cognitive Behaviour Therapy Workshop for people and their families who struggle with depression, anxiety, fears, borderline personality, and lower IQ.

Rosemary will share the commonality of Brain Injury and PTSD as well as the impact on self and others.

Caring for the Caregivers: The Impact of PTSD on Caregivers

Presenter: Dorothy Reid, (M.A.)

Dorothy Reid has a Master's Degree in Clinical Psychology and is registered with the College of Psychologists in Saskatchewan. She is a private consultant in the area of workplace wellness and has provided training on stress, burnout and trauma with a variety of federal and provincial organizations. She recently retired from a 32 year career with Correctional Service of Canada where she worked extensively with individuals, both staff and offenders, who had experienced trauma. She can speak about Post Traumatic Stress Disorder (PTSD) from both a personal and professional perspective and will focus her presentation today on Vicarious Trauma, more specifically the impact of PTSD on caregivers.

"There is a soul weariness that comes with caring. From daily doing business with the handiwork of fear. Sometimes it lives at the edges of one's life, brushing against hope and barely making its presence known. At other times, it comes crashing in overtaking one with its vivid images of another's terror with its profound demands for attention; nightmares, strange fears and generalized helplessness."

This is a quote from B. Hudnall Stamm's book entitled Secondary Traumatic Stress. It summarizes the impact of living with, or trying to help an individual who is experiencing the



Caring for the Caregivers: The Impact of PTSD on Caregivers con'td

negative impacts of traumatic stress. As caregivers of individuals who have been harmed, we try to support our loved ones and often do not stop to consider the impact of their symptoms on us. In this brief introduction to the afternoon sessions, Dorothy Reid will discuss her personal experience having being diagnosed with PTSD, the impact of her traumatic stress symptoms on her family and treatment approaches she found helpful.

Eye movement desensitization and reprocessing (EMDR)

Presenter: Reverend David Price

Reverend David Price is an ordained Anglican priest who has specialized in pastoral and psychological care for over 40 years with a diversity of populations both within and beyond church settings. He has worked in the Federal Correctional Service of Canada (CSC) as a chaplain in both the Prairie region at Bowden Institution and at Mission and Ferndale Institutions in the Pacific region for over 20 years. He is trained in EMDR at an advanced level. He has written the current international protocol for use of the EMDR method for treating post-traumatic stress disorder (PTSD) in prisons with offenders.

While working in the prisons, David was always concerned about the health of staff. He was a part of the original critical incident stress management (CISM) team at Bowden institution and worked at reviving the CISM team at Mission institution. He has worked in the field of industrial psychology as well as in a specialized field known as Psychotraumatology. David is the pastor at All Saints Church, Diocese of New Westminster, and Agassiz, BC.

Eye movement desensitization and reprocessing (EMDR) is a psychotherapy developed by Francine Shapiro, which emphasizes disturbing memories as the cause of psychopathology and alleviates the symptoms of post-traumatic stress disorder (PTSD).



Eye movement desensitization and reprocessing (EMDR) cont'd

EMDR is used for individuals who have experienced severe trauma which remains unresolved. According to Shapiro, when a traumatic or distressing experience occurs, it may overwhelm normal cognitive and neurological coping mechanisms. The memory and associated stimuli are inadequately processed, and stored in an isolated memory network.



The goal of EMDR therapy is to process these distressing memories, reducing their lingering effects and allowing clients to develop more adaptive coping mechanisms.

This is done in an eight-step protocol that includes having clients recall distressing images while receiving one of several types of bilateral sensory input including side to side eye movements. The use of EMDR was originally developed to treat adults suffering from PTSD; however, it is also used to treat other conditions and children.

Workshop Partner:



Helping you. Live your life.™

Silver Sponsor:

Chuck Jung Associates

Psychological and Counselling Services



Emotional Freedom Techniques for Traumatic Brain Injuries

Presenter: Doug Reid

Doug Reid is a certified Emotional Freedom Technique (EFT) Practitioner and Reflexologist. He studied EFT from Annabel Fisher, who was trained by the EFT founder Gary Craig. Doug has also taken training from Australian EFT masters David Lake and Steven Wells. His focus in the use of EFT is as a self-care tool for Caregivers, for Anxiety and Social Phobias and for Grief and Loss.

Doug has worked with individual clients, offered group sessions, workshops and seminars. He resides in Abbotsford and is retired from teaching. He now devotes time to developing an EFT practice and pursuing his interest in writing. More information is available at his website: www.learneft.ca.

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations. This combination of tapping the energy meridians, tuning in to the problem and voicing positive affirmations works to clear the "short-circuit" - the emotional block -- from your body's bioenergy system, thus restoring your mind and body's balance.

This session will give participants some background information on EFT and some practice applying for self-care and, with certain cautions, helping others. There will be some discussion of the benefits for caregivers and emerging evidence of the usefulness of this therapy for trauma and the secondary effects of brain injury. While a valuable adjunctive tool, it is not a substitute for professional help where truly needed.



This workshop is worth 6 Continuing Education Units (CEU) through the Vocational Rehabilitation Association of Canada (VRA) <http://vraCanada.com>

WORKSHOP REGISTRATION

Name: _____

Affiliation/Firm: _____

Address: _____

City: _____ Prov. /State: _____ Country: _____

Postal/Zip: _____ Phone: _____ Ext: _____

Fax: _____ Email: _____

Special Dietary Needs: _____ Receipt required? _____

- Full Workshop \$100.00
- Group Rate (5 or more) \$ 90.00 each
- FVBIA Members with ABI \$ 20.00
- FVBIA Members (Family) \$ 30.00
- Non-members with ABI \$ 30.00
- Non-member (Family) \$ 30.00

Total Enclosed \$ _____

Online Registration and payment through PayPal:

<http://www.eventbrite.ca/e/post-traumatic-stress-and-acquired-brain-injury-workshop-tickets-8639616325>

**Please include payment with registration form*. Cheques payable to Fraser Valley Brain Injury Association
201-2890 Garden Street, Abbotsford, BC, V2T 4W7*

For information, contact 604-557-1913 or 1-866-557-1913 Fax: 604-850-2527

info@fvbia.org www.fvbia.org

For Office Use Only

Receipt issued

Added to workshop email list





SPONSOR AND EXHIBITOR CATEGORIES

Partner (\$1000)

- Recognition in FVBIA newsletter
Recognition on FVBIA website and facebook page
Logo in advertising materials
Logo on power point in main meeting room
(3) Complimentary registrations
Gift presentation during lunch break
Listing in workshop handouts
Opportunity to distribute corporate gift items
Display booth

Gold (\$750)

- Recognition in FVBIA newsletter
Recognition on FVBIA website and facebook page
Logo in advertising materials
Recognition on power point in main meeting room
Announcement during lunch break
Listing in workshop handouts
(2) Complimentary registrations
Opportunity to distribute corporate gift items

Silver (\$500)

- Recognition in FVBIA newsletter
Recognition on FVBIA website and facebook page
Recognition on power point in main meeting room
(1) Complimentary registration
Opportunity to distribute corporate gift items

Bronze (\$250)

- Recognition in FVBIA newsletter
Recognition on FVBIA website and facebook page
Recognition on power point in main meeting room
Opportunity to distribute corporate gift items

Exhibitor (\$300)

- Exhibit Booth and (1) workshop registration
Announcement during lunch break

For sponsor or exhibitor inquiries, please contact Fraser Valley Brain Injury Association.

Category: _____

Affiliation/Firm: _____

Contact Name: _____

Address: _____

City: _____ Prov. /State: _____ Country: _____ Postal/Zip: _____

Phone: _____ Ext: _____ Fax: _____ Email: _____

Please make cheques payable to Fraser Valley Brain Injury Association.

201-2890 Garden Street, Abbotsford, BC, V2T 4W7

Phone: 604-557-1913, Toll-Free: 1-866-557-1913 Fax: 604-850-2527, Email: info@fvbia.org

www.fvbia.org





EXHIBITOR REGISTRATION

Booths are located in the same area as the presentations.

Affiliation/Firm: _____

Contact Name: _____

Address: _____

City: _____ Prov/State: _____ Country: _____ Postal/Zip: _____

Phone: _____ Ext: _____ Fax: _____

Email: _____

Name(s) of person staffing the display: _____

Please check all that apply

Exhibit Booth and One (1) full Workshop Registration Includes (1) full workshop registration and display area. \$_____ \$300.00

Additional Full Workshop Registrations. \$_____ \$100.00

Total Enclosed \$_____

Please indicate how many tables and chairs you will require:

_____ Tables _____ Chairs _____ Electrical

To register for a display, please include a cheque payable to Fraser Valley Brain Injury Association.

Please address any registrations and enquiries to:
Fraser Valley Brain Injury Association
201-2890 Garden Street, Abbotsford, BC, V2T 4W7
Phone: 604-557-1913, Toll-Free: 1-866-557-1913 Fax: 604-850-2527
Email: info@fvbia.org Website: www.fvbia.org





LOCATION

Cascade Community Church, 35190 Delair Road Abbotsford, BC

LOCAL ACCOMMODATIONS



[Coast Abbotsford Hotel & Suites](#)
2020 Sumas Way, Abbotsford, BC
Tel 604-853-1880 Fax 604-853-1951
Res **1-800-716-6199**



Ramada Plaza
36035 North Parallel Rd. Abbotsford, BC V3G 2C6
Toll Free: 1-888-411-1070 Phone: 604 870-1050
Fax: 604 870-1060 info@ramadaabbotsford.ca



Best Western Bakerview Inn
1821 Sumas Way, Abbotsford BC
Phone: 604-859-1341

<http://www.bestwesternbakerview.com/accomodations>.



The Sandman Inn & Suites
32720 Simon Avenue
Abbotsford, BC V2T 0B8
Tel: 604 556 7263 Fax: 604 556 7253
Toll-free: 1+800+SANDMAN (726 3626)

<http://www.sandmanhotels.com/en/hotel/bc/abbotsford>